

WHAT IF...?



WHY do I
WORRY?

Ps. 139:23

Ps. 139:23

Search me, O God, &

KNOW

(Help me to UNDERSTAND)

my **Heart**;

test me

and

KNOW

(Help me to UNDERSTAND)

my

Anxious

thoughts.

Painful reasons & Encouraging Reasons
story

start w/ a

I grew up on a Vermont **farm**. After college, I bought a farm of my own and operated it for several years. During this time, I learned the secret to surviving in farming. It's kind of inside information, and I don't pass it around to just anybody. Ready? 😊 Here it is:

Start out with a LARGE farm.

And sooner or later, you'll have a SMALL one. 😊

Farmers don't lead easy lives. The work is hard and the risks are great.

They're dependent on the weather and many other things outside of their control.

I used to **worry** all the time. I **worried** about **livestock disease**.

I worried about getting **bank loans**. I worried about the **buying price** of **grain** and the **selling** price of **livestock**. I worried about not having **enough money**. I was **unhappy, fatigued** and irritable. It had become a **Disease**.

And then I read Dale Carnegie's classic, *How to Stop Worrying and Start Living*. In doing so, I realized I was making myself sick with worry, and I could pay a very heavy price. Reading that book may have saved my life.

I came to the awareness that **Worry** is like ***“Prayer in Reverse”***.

When we worry and fret over things, we make them **BIGGER**

than they really are, as well as attract what we're fussing over.



Somehow, I had it wired up that **worry** was actually **Virtuous**. I guess



I figured I **wasn't** being a **good** parent unless I worried about my kids. I

thought I was being **irresponsible** if I wasn't worrying about my

business and my finances. **Not so.**

It took me **over** a **year** to kick the worry habit. It **wasn't easy**. It

took **daily diligence** to **eradicate** it from my life. I

occasionally slip back into worry for brief periods, but I **don't**

stay with it. It no longer runs my life.

Worry is **NOT** our **Friend**; it's our enemy.

Jim Rohn says, "Worry is like an **cancer**. And if continued, it will haul you off into a **desert** where you will **choke** on the dust of your **own regrets**." How's that for a vivid picture?

Most of the things we **worry** about are things over which we have **little** or **no control**.

If we think about it, it's **stupid** agonizing about what **might** occur and about things we **can't control**.

Most of what we worry about **never** occurs.

The French philosopher Montaigne wrote in the 1500's,

*"My life has been **FILLED** with **TERRIBLE Misfortune;***

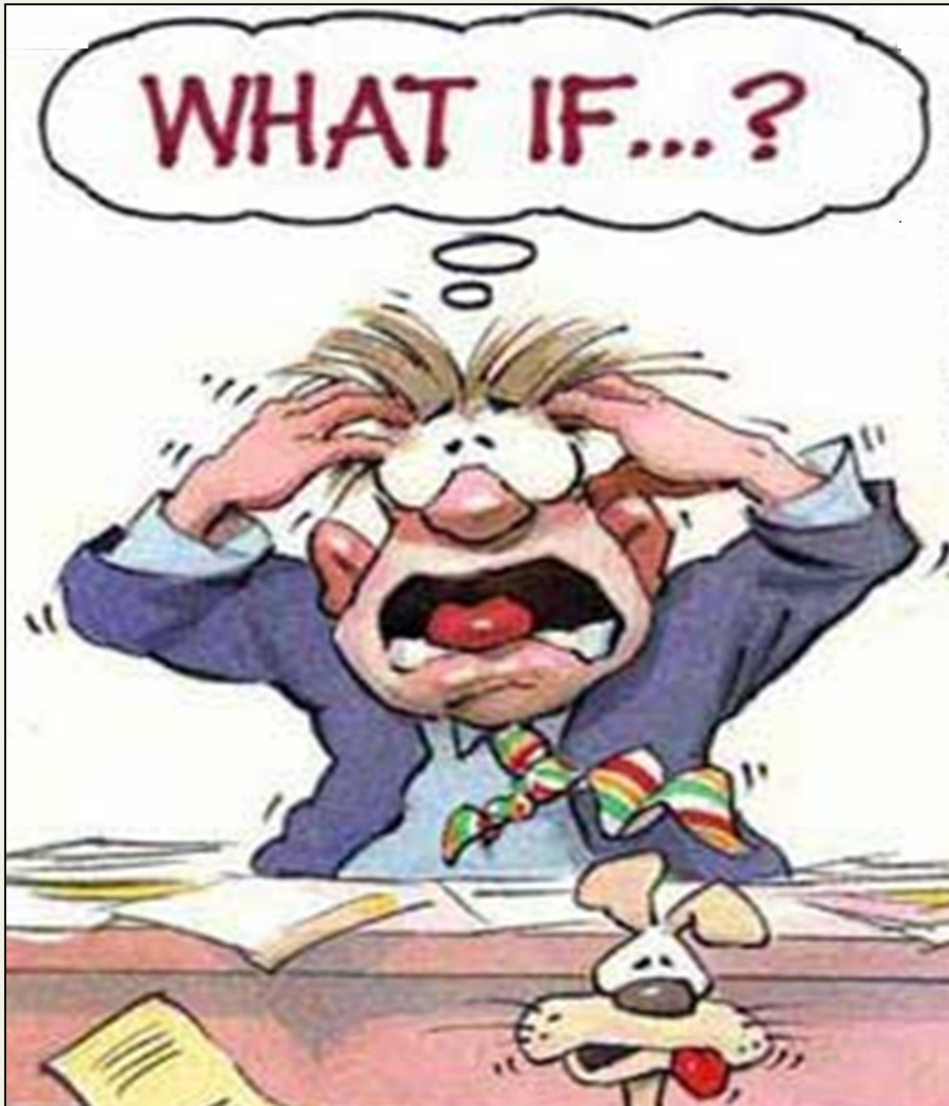
***Most** of which **NEVER** happened." 😊*

What do you worry about? In my research, I've found most people are **excellent** worriers. They worry about illness, lack of money, old age, taxes, the next generation-you name it!

They burn up their energy, lower their resistance to illness and actually **draw to them** what they **fear**. Like Job in the Bible,

"That which I have feared has come upon me."

Our **hospitals** and **cemeteries** are filled with people who made **worry** an **everyday** companion. **Don't be one of them.**



WHY do I
WORRY?

1st reason

1. I do **Not UNDERSTAND** how **EVIL** is worry

Painful

➤ **Worry drives my Family AWAY!**

Superior Put Down, DRAINING, Selfish, Controlling

Opposite of: I Trust you – Thank you – I am PROUD of you

➤ **Def.** (3)

1 CHOKE, STRANGLE

2 *a* : to **harass** by **tearing, biting, or snapping** especially at the **throat**

b : to **shake** or **pull** at with the **teeth** <a terrier *worrying* a rat>

c : to **touch** or **disturb** something **repeatedly**

d : to **change** the **position** of or **adjust** by **repeated pushing** or **hauling**

3 *a* : to **assail** with **rough** or **aggressive attack** or **treatment** : **TORMENT**

b : to subject to **persistent** or **nagging attention** or **effort**

Your family → Either / Last person want to be with - or – become LIKE you.

Article

How the **IMMUNE** System **Suffers** from Chronic **Worry**

Helping Psychology
in Dallas, TX
May 02, 2010

Emotional stress and chronic worry can trigger a **host** of physical and mental health problems. The body's sympathetic nervous system releases stress hormones such as cortisol that **wreak havoc** throughout the body by raising sugar levels and triglycerides. These hormones can also cause physical reactions such as difficulty in **swallowing, dizziness, dry mouth, fast heartbeat, headaches, the inability to concentrate and anxiety.**

When excessive fuel **isn't** being used for physical activities, the chronic anxiety and outpouring of stress hormones can have **serious physical consequences** including suppression of the **immune** system, **digestive disorders, muscle tension, premature artery disease** and **heart attack**. In severe cases, if left untreated, it can lead to depression and suicidal thoughts. These feelings are a response to stress and chronic worry.

Martin Luther - **Heavy** thoughts bring on **physical** maladies;
when the **soul** is **oppressed** so is the **body**.

Prov. 12:25 An **anxious** heart **weighs** a man **down**

WHY do I Worry?

1. I do Not UNDERSTAND how **EVIL** is worry

2. The deep **Lie!**

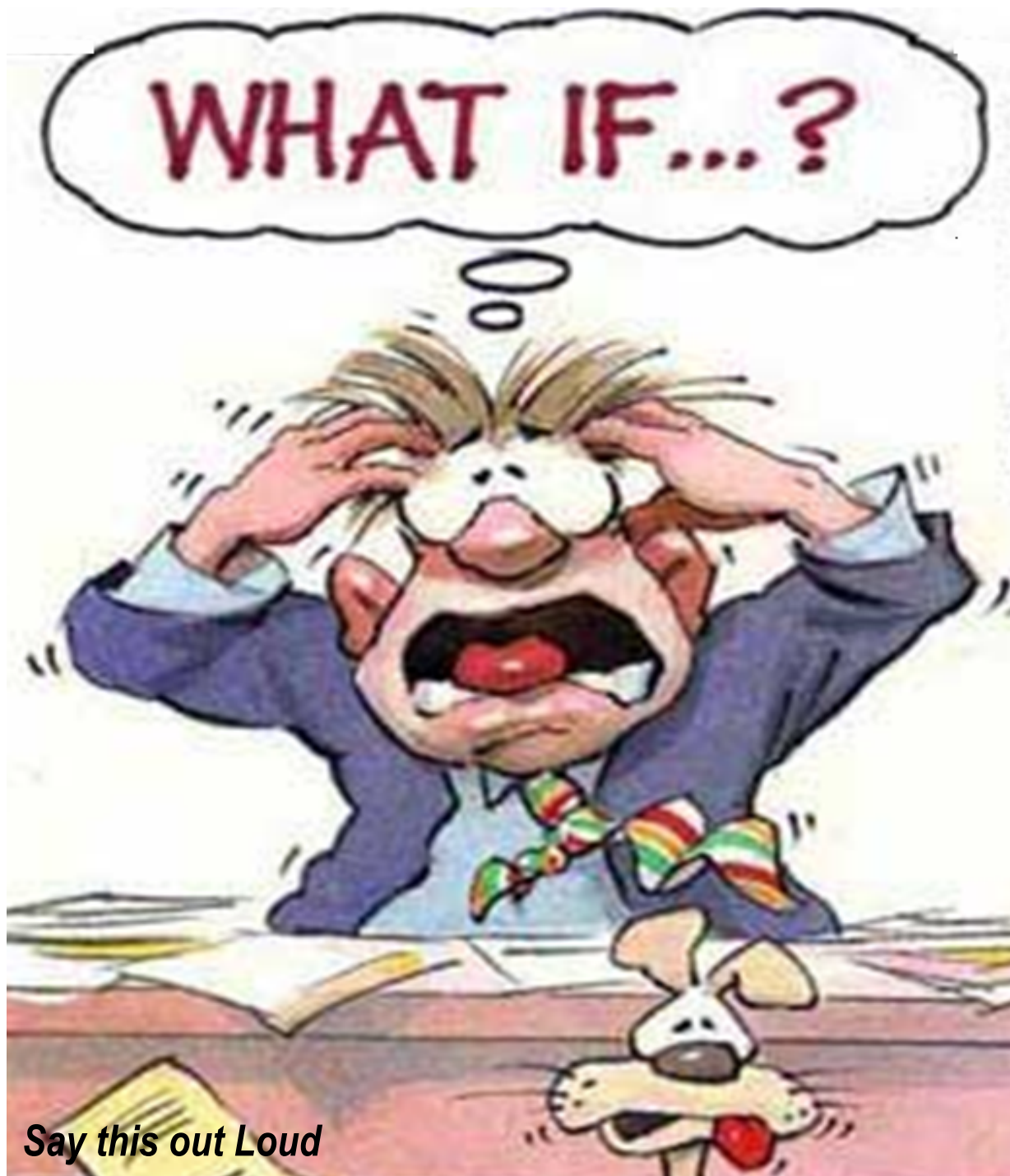
*Worrying makes me more **RESPONSIBLE** ?*

*Worrying **PROVES** that I have **WORTH** ?*

Forgive
Parents

3. My **Priorities** are **Upside Down**

Mt. 6:25 - what is LIFE? Luke 10:40-42,



Say this out Loud

The
WHAT IF...?
Question
HAS
to be
Answered

Ministering to a Worrier

~ Sometimes – **Legitimate**

~ Most **Insulting** thing –
“Deal with that when we face it”

~ Sometimes – **Deeper ?s**

No One can
STOP
worrying without a
STRATEGY

a. I may need **Help** in learning **How** to make a strategy.

next week

c. With a great **STRAT-EGY** – I can **Let it Be!**

Legitimate Concern or Deeper ? – Next Week

Prov. 22:3 A Prudent man sees danger and takes refuge Phil. 4

No One can **STOP**
worrying without a **STRATEGY**

Philippians 4:6-7 Do **NOT** be **ANXIOUS** about **ANYTHING** , but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 2:25-27, vs. 28

Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have **Less ANXIETY**

Eph. 6:13

after you have **DONE EVERYTHING**, to **STAND**

Next week

Next week - Jan. 20-22

FINAL message on *Worry*

- How to get your **Mate** or **Friends** to strategize w/you.
- **Tips & Stories** for:
 - ✓ Kids in school
 - ✓ Retirement
 - ✓ finding a Job
 - ✓ finding a Mate
 - ✓ raising Godly kids
 - ✓ your Physical Health

Stage # 1

Seekers



Please
Help me to
face the
Deeper
Questions

Stage # 2

Ready **TODAY**
to Give
Everything
to Jesus



TIRED
of being in
Control

Stage # 3

ALREADY

Sold out to



Time to
Forgive
&
Renounce